

**GYM RULES AND GUIDELINES**

1. Access to gym is 8am to 4:30pm, Monday thru Friday.
2. One member may have no more than two guests per visit.
3. Anyone under the age of 16 must be accompanied by an adult at all times.
4. Access cards will only be available for active FBC members 18 years and up.
5. Anyone misusing his/her security access card will have his/her card terminated.

Examples of misuse are:

* Allowing more than two non-members in the gym doors with you.
* Opening the gym doors from the inside for anyone outside.
* Giving your security card to someone else for their use.
* Leaving your children in the gym unattended.
* All guests must leave when the church member(s) leave the facility.

1. Other basic gym rules:

* No one under the age of 18 allowed in the weight room.
* No one under the age of 13 allowed on walking track unless accompanied by an adult.
* No one except church staff is allowed behind the sports desk at any time.
* There is a phone supplied on the wall, in the gym lobby by the Coke machine, for local phone calls.
* All clothing worn in the gym must be modest and in good taste.
* Shirt and shoes must be worn at all times.
* Proper shoes must be worn on the gym and aerobic room floors. No cleats, skates, turf shoes, or black soled marking shoes are allowed.
* Those not complying with the dress code will be asked to change clothing or leave the building if they refuse to do so.
* Tobacco, alcohol, controlled substances, firearms, and pets are not allowed in the gym.
* No abusive language, profanity, fighting or horseplay allowed.
* No hanging on the rims, nets or supports is permitted.
* No objects may be thrown onto or from the walking track.
* *Repeated violation of any rules may result in the forfeiture of building use privileges.*

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